

HINTS RES

DIRECTIONS

It is easier to prevent than to cure. The following should be observed:—
 1. Avoid spirituous liquors.
 2. Eat a diet of light animal food.
 3. Be particularly attended to, so that the patient should be kept dry and warm.
 4. Bind a flannel bandage round the waist.
 5. Keep the patient in a room where the doors and windows frequently open.
 6. Pay attention to cleanliness and ventilation.
 7. If the patient passes to those about to be attacked, it may happen to be peculiarly useful to preserve the patient from infection. Glauber's and Epsom's salts may be taken without the express recommendation of a physician. It is known; and all is known to be equally injurious. The only remedy in most cases, a day or two before the attack, he has some disorder of the bowels, frequent calls to go to stool, and himself to bed and take a large quantity of opium repeated in two or three days, may be taken at intervals of four hours. When the most alarming symptoms appear, the patient complains first of general weakness; his features become livid, his feet blue; the fingers almost extinct; the skin cold; breathing quick; the pulse small and body; his urine is scanty and of a high color. Rice-water or whey. If a person so seized should be attended, a decoction of mustard-seed in water, or mustard in hot blankets; or oil of turpentine and vinegar, or hot bricks should be applied to the back, mustard and linseed-meal should be applied to his stomach. If the patient is a teaspoonful of sal volatile in sugar in it. In case of convulsions, the dose may be repeated as often as possible, the patient's shirt or the sheets may be wetted with vinegar as possible, the dirty sheets may be changed. The above short Hints are the result of the approval, of several

HINTS RESPECTING CHOLERA;

DIRECTIONS which may be most safely followed when Medical Aid cannot be immediately obtained.

It is easier to prevent than to cure this dangerous disease, the following cautions should be observed:—Great moderation in diet, and in the use of fermented and spirituous liquors. Raw vegetables and unripe fruit should be carefully avoided; a diet of light animal food is the best. The state of the skin should be particularly attended to, so that perspiration be not checked suddenly. The feet should be kept dry and warm. Flannel should be worn next the skin, or at least a flannel bandage round the body. The utmost personal cleanliness is to be maintained by frequent washing. Every room should be ventilated by opening doors and windows frequently in the daytime. Under the proper observance of cleanliness and ventilation, this disease seldom spreads in families, and only passes to those about the sick under such favourable circumstances, unless they happen to be peculiarly predisposed. Gentle exercise in the open air is only useful to preserve the general health of persons exposed to the risk of infection. Glauber's and Epsom salts, as well as other cold purgatives, are not to be taken without the express prescription of a medical man. No specific against cholera is known; and all the patent drugs offered with this pretension are equally injurious. The only preventives are a healthy body and a cheerful mind. In most cases, a day or two days before a person is seriously affected by the disease, he has some disorder of stomach, giddiness, and a loose state of bowels, frequent calls to go to stool. When these symptoms appear, he must confine himself to bed and take a pill of two grains of calomel and one grain of opium, repeated in two or three hours, and followed in the course of four or five days by a tablespoonful of castor oil. A small quantity of brandy and hot water may be taken at intervals. *It is of the utmost importance to pay particular attention to these early indications of the disease.*

When the most alarming part of the disorder has actually commenced, the patient complains first of giddiness and nervous agitation, and is extremely restless; his features become sharp and contracted; his lips, face, neck, hands, feet, blue; the fingers and toes are contracted; the pulse is so small as to be almost extinct; the skin is deadly cold and shrivelled; the voice nearly lost; breathing quick; the patient speaks in a whisper; suffers cramps in his arms and body; his urine is totally suppressed; he vomits and purges a liquid rice-water or whey.

A person so seized should take immediately, as an emetic, two teaspoonfuls of mustard-seed in half a tumbler of warm water. He should be covered in hot blankets; and friction all over his body with camphorated oil or oil of turpentine and warm flannels should be used. Bottles of hot water or hot bricks should be placed at the back and feet. Poultices of flour and mustard and linseed-meal in equal parts, mixed with warm water, should be applied to his stomach. He should drink hot brandy and water, or hot water with a teaspoonful of sal volatile, or with ten drops of oil of peppermint and sugar in it. In case of his complaining of pain, from twenty to forty drops of laudanum may be given; should, however, the pain be accompanied by spasms, the dose may be from thirty to fifty drops. *Medical assistance should be obtained as soon as possible.* It is important to add, that when the patient's shirt or the sheets of his bed are changed, which should be done as frequently as possible, the dirty linen is to be plunged immediately into cold water. The above short Hints were submitted to the inspection, and have received the approval, of several of the most eminent Medical Men in Edinburgh.

(Circulated gratis by Oliver and Boyd, Edinburgh.)

INTRODUCTION TO THE HISTORY OF THE UNITED STATES

The history of the United States is a story of growth and development. It begins with the first settlers who came to the continent, and it continues through the years of exploration, settlement, and the struggle for independence. The story is one of a people who have built a great nation from a small group of pioneers. The history of the United States is a story of the triumph of the human spirit over adversity. It is a story of the courage and determination of a people who have faced many challenges and have always emerged victorious. The history of the United States is a story of the power of the American dream. It is a story of the hope and aspiration of a people who have always believed in a better future. The history of the United States is a story of the strength of the American people. It is a story of the unity and solidarity of a people who have always stood together in the face of adversity. The history of the United States is a story of the greatness of the American nation. It is a story of the achievements and accomplishments of a people who have always striven for excellence. The history of the United States is a story of the future of the world. It is a story of the potential and promise of a people who have always looked forward to a better tomorrow. The history of the United States is a story of the power of the American people. It is a story of the courage and determination of a people who have always faced adversity with a smile. The history of the United States is a story of the triumph of the human spirit over adversity. It is a story of the courage and determination of a people who have always faced adversity with a smile. The history of the United States is a story of the triumph of the human spirit over adversity. It is a story of the courage and determination of a people who have always faced adversity with a smile.

